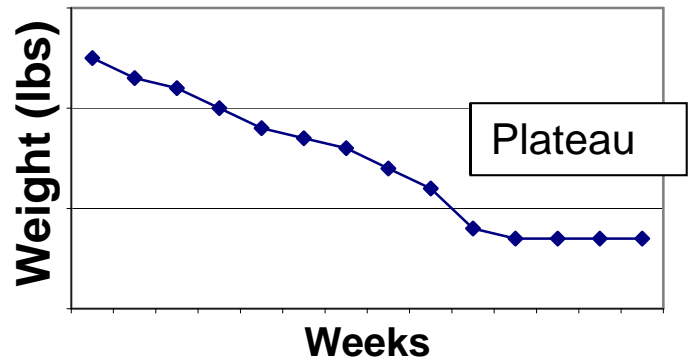


# Handling Weight Plateaus

When losing weight, it is common to have **plateaus** or times when you can't seem to lose any more weight. Research suggests that our bodies will try to maintain a specific weight or "**set-point**". This set-point can make getting over a plateau difficult.

## My Weight Log (lbs)

Week 1	<u>285</u>	Week 8	<u>274</u>
Week 2	<u>283</u>	Week 9	<u>272</u>
Week 3	<u>282</u>	Week 10	<u>268</u>
Week 4	<u>280</u>	Week 11	<u>267</u>
Week 5	<u>278</u>	Week 12	<u>267</u>
Week 6	<u>277</u>	Week 13	<u>267</u>
Week 7	<u>276</u>	Week 14	<u>267</u>



Here are tips that can help with managing plateaus and resetting your set-point:

- **Plateaus are often temporary.** Stay with your program and you should start losing again.
- **Try increasing your physical activity.** Adding a few additional minutes or a different kind of physical activity to what you are already doing can get you going again.
- If you haven't been **writing down what you eat** for a while, start again. You may discover that extra calories have crept into your diet plan.
- Plateaus make you feel like giving up. **Remember how hard you have already worked and how far you have come.** Don't lose ground, and push a little harder to keep moving past the plateau.

